


# **THE CITY OF SEATTLE SUMMER FOOD SERVICE PROGRAM**



## **Lunch Menu: June - August, 2014**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>Friday</b>
June 23rd	June 24 <sup>th</sup>	June 25 <sup>th</sup>	June 26 <sup>th</sup>	June 27 <sup>th</sup>
		<u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>	<u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i>	<u>Turkey &amp; Swiss Sandwich</u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>
		Seasonal Fruit Whole Wheat Roll Nonfat Chocolate Milk	Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk	Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk
June 30 <sup>th</sup>	July 1 <sup>st</sup>	July 2 <sup>nd</sup>	July 3 <sup>rd</sup>	July 4 <sup>th</sup>
<u>Mini Bagel Munchable</u> <i>sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</i>	<u>Turkey Pastrami Sliders</u> <i>turkey pastrami, cheddar cheese, whole wheat slider rolls, mayonnaise &amp; mustard</i>	<u>Beef Taco Salad</u> <i>fresh cut garden salad, seasoned beef, black beans, cheddar cheese, tri-color tortilla chips, ranch dressing, picante sauce</i>	<u>Turkey &amp; Cheese Hoagie</u> <i>roast turkey, American cheese whole wheat bun, mayonnaise &amp; mustard</i>	 <b>INDEPENDENCE DAY HOLIDAY</b>
Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	Cucumbers & Cherry Tomatoes 100% Fruit Juice 1% Milk	Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	Broccoli Florets Pineapple Nonfat Chocolate Milk	
July 7 <sup>th</sup>	July 8 <sup>th</sup>	July 9 <sup>th</sup>	July 10 <sup>th</sup>	July 11 <sup>th</sup>
<u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i>	<u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>	<u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>	<u>Turkey &amp; Swiss Sandwich</u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>	<u>Asian Chicken Salad</u> <i>seasoned chicken, cabbage &amp; carrot mix, whole wheat tortilla, Asian style dressing &amp; garnish</i>
Fresh Broccoli Juicy Orange Wedges Whole Wheat Tea Roll 1% Milk	Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	Baby Carrots & Cucumbers Seasonal Melon Nonfat Chocolate Milk	Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>Friday</b>
July 14 <sup>th</sup>  <u>Mini Bagel Munchable</u> sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds  Baby Carrots & Cucumber Coins Sliced Wa. Apples Nonfat Chocolate Milk	July 15 <sup>th</sup>  <u>Turkey Pastrami Sliders</u> <i>turkey pastrami, cheddar cheese, slider rolls, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes 100% Fruit Juice 1% Milk	July 16 <sup>th</sup>  <u>Beef Taco Salad</u> <i>fresh cut garden salad, seasoned beef, black beans, cheddar cheese, tri-color tortilla chips, ranch dressing, picante sauce</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	July 17 <sup>th</sup>  <u>Crispy Chicken Wrap</u> <i>crispy chicken tender, cheddar cheese, shredded cabbage &amp; lettuce, tortilla, ranch dressing</i>  Jicama Juicy Orange Wedges Nonfat Chocolate Milk	July 18 <sup>th</sup>  <u>Turkey &amp; Cheese Hoagie</u> <i>roast turkey, American cheese whole wheat bun, mayonnaise &amp; mustard</i>  Broccoli Florets Pineapple Nonfat Chocolate Milk
July 21 <sup>st</sup>  <u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk	July 22 <sup>nd</sup>  <u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	July 23 <sup>rd</sup>  <u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	July 24 <sup>th</sup>  <u>Turkey &amp; Swiss Sandwich</u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>  Baby Carrots & Cucumbers Seasonal Melon Nonfat Chocolate Milk	July 25 <sup>th</sup>  <u>Asian Chicken Salad</u> <i>seasoned chicken, cabbage &amp; carrot mix, whole wheat tortilla, Asian style dressing &amp; garnish</i>  Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk
July 28 <sup>th</sup>  <u>Mini Bagel Munchable</u> sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds  Baby Carrots & Cucumber Coins Sliced Wa. Apples Nonfat Chocolate Milk	July 29 <sup>th</sup>  <u>Turkey Pastrami Sliders</u> <i>turkey pastrami, cheddar cheese, slider rolls, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes 100% Fruit Juice 1% Milk	July 30 <sup>th</sup>  <u>Beef Taco Salad</u> <i>fresh cut garden salad, seasoned beef, black beans, cheddar cheese, tri-color tortilla chips, ranch dressing, picante sauce</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	July 31 <sup>st</sup>  <u>Crispy Chicken Wrap</u> <i>crispy chicken tender, cheddar cheese, shredded cabbage &amp; lettuce, tortilla, ranch dressing</i>  Jicama Juice Orange Wedges Nonfat Chocolate Milk	August 1 <sup>st</sup>  <u>Turkey &amp; Cheese Hoagie</u> <i>roast turkey, American cheese whole wheat bun, mayonnaise &amp; mustard</i>  Broccoli Florets Pineapple Nonfat Chocolate Milk

# Lunch MENU June - August, 2014



<b>MONDAY</b> August 4 <sup>th</sup>	<b>TUESDAY</b> August 5 <sup>th</sup>	<b>WEDNESDAY</b> August 6 <sup>th</sup>	<b>THURSDAY</b> August 7 <sup>th</sup>	<b>Friday</b> August 8 <sup>th</sup>
<u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk	<u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	<u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	<u>Turkey &amp; Swiss Sandwich</u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>  Baby Carrots & Cucumbers Seasonal Melon Nonfat Chocolate Milk	<u>Asian Chicken Salad</u> <i>seasoned chicken, cabbage &amp; carrot mix, whole wheat tortilla, Asian style dressing &amp; garnish</i>  Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk
<u>August 11<sup>th</sup></u> <u>Mini Bagel Munchable</u> <i>sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</i>  Baby Carrots & Cucumber Coins Sliced Wa. Apples Nonfat Chocolate Milk	<u>August 12<sup>th</sup></u> <u>Turkey Pastrami Sliders</u> <i>turkey pastrami, cheddar cheese, slider rolls, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes 100% Fruit Juice 1% Milk	<u>August 13<sup>th</sup></u> <u>Beef Taco Salad</u> <i>fresh cut garden salad, seasoned beef, black beans, cheddar cheese, tri-color tortilla chips, ranch dressing, picante sauce</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	<u>August 14<sup>th</sup></u> <u>Crispy Chicken Wrap</u> <i>crispy chicken tender, cheddar cheese, shredded cabbage &amp; lettuce, tortilla, ranch dressing</i>  Jicama Juice Orange Wedges Nonfat Chocolate Milk	<u>August 15<sup>th</sup></u> <u>Turkey &amp; Cheese Hoagie</u> <i>roast turkey, American cheese whole wheat bun, mayonnaise &amp; mustard</i>  Broccoli Florets Pineapple Nonfat Chocolate Milk
<u>August 18<sup>th</sup></u> <u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk	<u>August 19<sup>th</sup></u> <u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk	<u>August 20<sup>th</sup></u> <u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	<u>August 21<sup>st</sup></u> <u>Turkey &amp; Swiss Sandwich</u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>  Baby Carrots & Cucumbers Seasonal Melon Nonfat Chocolate Milk	<u>August 22<sup>nd</sup></u> <u>Asian Chicken Salad</u> <i>seasoned chicken, cabbage &amp; carrot mix, whole wheat tortilla, Asian style dressing &amp; garnish</i>  Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk